

## **Base Camp Cumbria**

### **Friday**

Arrive any time 7:00pm onwards, evening is own time but there are optional run routes from the accommodation into Claife Heights Forest.

### **Saturday**

7:30-8:30am Breakfast

8:45am Leave for long ride (up to 3 groups if required), long ride will be 4-5 hours and include a coffee stop. Optional run in forest to follow as brick (30 mins) .

2:30-3:30 Coaching talk

4:20pm Leave for pool at Troutbeck Bridge

5:00-6:00pm Swim session Troutbeck Bridge pool, focus will be on swim technique and include video collection for analysis.

6:30pm Group meal at Salutation Hotel in Ambleside

### **Sunday**

7:30-8:30am Breakfast

8:45am Leave to drive to start of fell / trail run

9.15am Start run (split into 3 groups if required), run will be approx 3 hours in length (mixture of walking up hills and jogging/running flat and down).

1:30pm Review video clips (1-2-1) from Saturday swim session (15 mins per person)

4:30pm Close of weekend.

### **What's at the accommodation?**

1. Sleeping is 4 large dormitories with 8 beds each, separate male and female
2. There is a large kitchen and social area with log burning fire
3. Showers and toilets are in a separate block
4. Bikes can be stored in the main social area
5. There will be basic breakfast (cereals, toast, tea and coffee)

### **What will you need to bring?**

1. Food for the bike ride, run and snacks throughout the day
2. Breakfast foods if you prefer something other than basic cereals and toast
3. Sleeping bag or bedding, pillow and shower kit/towel
4. **We recommend that if you are a light sleeper, bring some flight ear plugs**
5. Bike (serviced), helmet (compulsory) and spares/repairs
6. Off road running shoes (preferably) wind proofs / base layers / hat and gloves
7. Swim kit (paddles, kick boards or fins are not required)

8. Bring a USB pen if you wish to take away your swim video clips

#### **Other things to consider:**

1. Bring money for a taxi, if you have a mechanical failure which cannot be fixed there is no 'broom wagon' and a taxi will be the only option to get back
2. Bring a mobile phone for the ride and run, although reception is a little 'hit and miss' they are useful if anyone gets lost!
3. Bring a head torch or similar, the accommodation is on the edge of Claife Heights Forest and there is no outside lighting
4. There will be a group meal at the Salutation Hotel on Saturday evening and each person will pay for their own meal at the end of the evening.
5. If you have any injuries or medical issues which you think may affect your participation, please email [admin@theendurancecoach.com](mailto:admin@theendurancecoach.com) beforehand
6. Please note that there is a no smoking policy within the grounds of the accommodation.

#### **Where is it?**

Please copy and paste the link below into your browser:

[http://maps.google.co.uk/maps?f=d&source=s\\_d&saddr=&daddr=54.38743,-2.968111&hl=en&geocode=&mra=mi&mrsp=0&sz=16&sl=54.38733,-2.968111&ssp=0.00601,0.019226&ie=UTF8&ll=54.38733,-2.968111&spn=0.04808,0.153809&z=13](http://maps.google.co.uk/maps?f=d&source=s_d&saddr=&daddr=54.38743,-2.968111&hl=en&geocode=&mra=mi&mrsp=0&sz=16&sl=54.38733,-2.968111&ssp=0.00601,0.019226&ie=UTF8&ll=54.38733,-2.968111&spn=0.04808,0.153809&z=13)

High Wray Basecamp is situated at the North West edge of Windermere Lake, close to Ambleside. From Ambleside follow signs for Coniston and approximately 1 mile outside Ambleside village take a left turn following signs for Hawkshead. Continue on this road until you reach a left turn for High Wray (national trust sign), take this left and follow the narrow lane eventually passing through High Wray village to take a left turn up gravel track signposted High Wray Base Camp (national trust sign). Follow the gravel track to the end to reach accommodation.

#### **More info?**

Contact:

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Look forwards to seeing you there!

Regards  
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